



# The Spotlight

www.losaltosrecreation.org

September & October 2015

## September is National Senior Center Month!



### Inside Scoop

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**Join us for Dinner & Music on the Patio!**  
See page 8 for details!

**Grandparents' Day!**  
Sunday, September 13



**Baby Shower!**  
See page 12 details



**Labor Day!**  
Monday, September 7  
We will reopen Tuesday, September 8

**Hours:**  
Monday - Friday  
8:30 am. - 3:30 pm  
Doors open at 8:30 am



**City of Los Altos Recreation & Community Services Department Senior Program**  
**Hillview Park and Community Center (HV)**  
 97 Hillview Avenue, Los Altos, CA 94022

**Grant Park and Community Center**  
 1575 Holt Avenue, Los Altos, Ca, 94024

(650) 947-2797      www.losaltosrecreation.org

## September Calendar of Events

# September 2015

Mon	Tue	Wed	Thu	Fri
<p style="font-size: 2em; color: green;">goodbye, august</p> <p style="font-size: 2em; color: orange;">hello, september</p>	<p><b>1</b></p> <p>9:00 Bridge Free Play 10:00 Bocce Ball 1:00 Line Dancing 1:00 Chess 2:00 Ping Pong</p>	<p><b>2</b></p> <p>9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play <b>10:00-2:00 Grant</b> 1:00 Men's Group at Grant</p>	<p><b>3</b></p> <p>10:00 Bocce Ball 10:00 Men's Group 11:00 Poker 12:00 Pinochle 1:00 Beg. Mah-Jongg</p>	<p><b>4</b></p> <p><b>Super Size Screen:</b> <i>"The Theory of Everything"</i> 1:00 Room 12 Members: Free Non-members: \$1.00</p>
<p><b>7</b></p> <p style="text-align: center;"><b>Sorry We're Closed!</b></p> <p style="text-align: center; font-size: 1.5em; color: red; font-weight: bold;">HAPPY LABOR DAY</p>	<p><b>8</b></p> <p>8:50/10:00 Stretch &amp; Flex 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength &amp; Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 2:00 Ping Pong</p>	<p><b>9</b></p> <p>9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 5:30 Casual Dining <b>10:00-2:00 Grant</b> 1:00 Book Club @ Grant</p>	<p><b>10</b></p> <p>8:50/10:00 Stretch &amp; Flex 10:00 Bocce Ball 11:00 Poker 11:30 Strength &amp; Balance 12:00 Pinochle <b>12:30 Ice Cream Social &amp; Magic</b> 1:00 Beg. Mah-Jongg 1:00 Book Club</p>	<p><b>11</b></p> <p style="text-align: center;"><b>2nd Friday Luncheon</b> 12:00 Room 11 Members: \$4.00 Non-Members: \$6.00</p> <p><b>1:00 AARP Smart Driver (Part 1)</b></p>
<p><b>14</b></p> <p>9:00 10 Weeks to Play Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 3:30 S.A.S.H. orders due 4:30 Senior Commission</p>	<p><b>15</b></p> <p>9:00 Bridge Free Play 10:00 Bocce Ball 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 HICAP 1:00 Chess 2:00 Ping Pong <b>6:00 Dance With Us!</b></p>	<p><b>16</b></p> <p>9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 11:00 Women's Group 12:30 Mah-Jongg Int. Free Play <b>10:00-2:00 Grant</b> 12:00 Speaker at Grant: Sourcewise</p>	<p><b>17</b></p> <p>9:15 Int. Bridge 10:00 Bocce Ball <b>10:30 Picchetti Brothers Winery</b> 11:00 Poker 12:00 Pinochle 1:00 Beg. Mah-Jongg</p>	<p><b>18</b></p> <p style="text-align: center;"><b>Birthday Luncheon</b> <u>Menu</u> Soup and Sandwich Members Birthday: Free Members: \$4.00 Non-Members: \$6.00</p> <p><b>1:00 AARP Smart Driver (Part 2)</b></p>
<p><b>21</b></p> <p>9:00 10 Weeks to Play Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 3:30 S.A.S.H. orders due</p>	<p><b>22</b></p> <p>8:50/10:00 Stretch&amp;Flex 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength &amp; Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 2:00 Ping Pong <b>5:30-7:30 Dinner &amp; Music on the Patio!</b></p>	<p><b>23</b></p> <p>9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play <b>10:00-2:00 Grant</b> 1:00 Garden Club at Grant</p> <p style="text-align: center; color: orange; font-weight: bold;">Fall is Here!</p>	<p><b>24</b></p> <p>8:50/10:00 Stretch&amp;Flex 9:15 Int. Bridge 10:00 Bocce Ball 11:00 Poker 11:30 Strength &amp; Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg</p>	<p><b>25</b></p> <p style="text-align: center;"><b>4th Friday Luncheon</b> 12:00 Room 11 Members: \$6.00 Non-Members: \$8.00</p>
<p><b>28</b></p> <p>9:00 10 Weeks to Play Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 3:30 S.A.S.H. orders due</p>	<p><b>29</b></p> <p>8:50/10:00 Stretch&amp;Flex 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength &amp; Balance <b>12:30 Speaker: Healthy you</b> 1:00 Line Dancing 1:00 Chess 2:00 Ping Pong</p>	<p><b>30</b></p> <p>9:00 Bridge Free Play 9:30 Artventurers 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play <b>10:00-2:00 Grant</b> 12:00 Ice Cream Social &amp; Magic at Grant</p>		

\*Note: Calendars are not a comprehensive listing of all programs



# October Calendar of Events

## October 2015



Mon	Tue	Wed	Thu	Fri
			<p><b>1</b> 8:50/10:00 Stretch&amp;Flex 9:15 Int. Bridge 10:00 Bocce Ball 10:00 Men's Group 11:00 Poker 11:30 Strength &amp; Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg</p>	<p><b>2</b> <b>Super Size Screen:</b> <i>"The Second Best Exotic Marigold Hotel"</i> 1:00 Room 12 Members: Free Non-Members: \$1.00</p>
<p><b>5</b> 9:00 10 Weeks to Play Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 3:30 S.A.S.H. orders Due 4:30 Senior Commission</p>	<p><b>6</b> 8:50/10:00 Stretch&amp;Flex 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength &amp; Balance 1:00 Line Dancing 1:00 Chess 2:00 Ping pong</p>	<p><b>7</b> 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play <b>10:00-2:00 Grant</b> 1:00 Men's Group at Grant</p>	<p><b>8</b> 8:50/10:00 Stretch&amp;Flex 9:15 Int. Bridge 10:00 Bocce Ball 11:00 Poker 11:30 Strength&amp;Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 Book Club</p>	<p><b>9</b> <b>2nd Friday Luncheon</b> 12:00 Room 11 Members:\$4.00 Non-Members:\$6.00 <b>11:00-12:00 Speaker: PEACE CORP</b></p>
<p><b>12</b> 9:00 10 Weeks to Play Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 3:30 S.A.S.H. orders due</p>	<p><b>13</b> 8:50/10:00 Stretch&amp;Flex 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength &amp; Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 2:00 Ping Pong</p>	<p><b>14</b> 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 5:30 Casual Dining <b>10:00-2:00 Grant</b> 12:00 Speaker at Grant Alzheimer's 1:00 Book Club at Grant</p>	<p><b>15</b> 8:50/10:00 Stretch&amp;Flex 9:15 Int. Bridge 10:00 Bocce Ball 11:00 Poker 11:30 Strength&amp;Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg</p>	<p><b>16</b> <b>Birthday Luncheon</b> 12:00 Room 11 <u>Menu</u> Soup and Salad Birthday Members: Free Members: \$4.00 Non-Members: \$6.00</p>
<p><b>19</b> 9:00 10 Weeks to Play Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 3:30 S.A.S.H. orders due</p>	<p><b>20</b> 8:50/10:00 Stretch&amp;Flex 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength &amp; Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 HICAP 1:00 Chess 2:00 Ping Pong</p>	<p><b>21</b> 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 11:00 Women's Group 12:30 Mah-Jongg Int. Free Play 6:00 PEP at Grant <b>10:00-2:00 Grant</b></p>	<p><b>22 Happy 1st Anniversary GPSC!</b> 8:50/10:00 Stretch&amp;Flex 9:15 Int. Bridge 10:00 Bocce Ball 11:00 Poker 11:30 Strength&amp;Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg</p>	<p><b>23</b> <b>4th Friday Luncheon</b> 12:00 Room 11 Members:\$6.00 Non-Members:\$8.00 <b>Check out the Halloween Window Painting Downtown!</b></p>
<p><b>26</b> 9:00 10 Weeks to Play Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 3:30 S.A.S.H. orders due</p>	<p><b>27</b> 8:50/10:00 Stretch&amp;Flex 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength &amp; Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 2:00 Ping Pong</p>	<p><b>28</b> 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play <b>10:00-2:00 Grant</b></p>	<p><b>29</b> 8:50/10:00 Stretch&amp;Flex 9:15 Int. Bridge 10:00 Bocce Ball 11:00 Poker 11:30 Strength&amp;Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg</p>	<p><b>30</b> <b>Kate's Baby Shower</b> 12:00 Room 11 See Page 12 for Details!</p>

\*Note: Calendars are not a comprehensive listing of all programs

# Grant Calendar of Events

Open every Wednesday 10:00a.m.-2:00p.m.

1575 Holt Avenue, Los Altos, CA 94024

\*Schedule subject to change\*



## September Happenings

### September 2

10:00a.m.—2:00p.m.  
Intermediate Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (Bring lunch)  
12:00 Men's group  
1:00 Zen Meditation Series 1 of 3

### September 9

10:00a.m.—2:00p.m.  
Intermediate Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (Bring lunch)  
1:00 Zen Meditation Series 2 of 3  
1:00 Book Club with Betsy

### September 16

10:00a.m.—2:00p.m.  
Intermediate Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (Bring lunch)  
12:00 Speaker- Sourcewise  
1:00 Zen Meditation Series 3 of 3

### September 23

10:00a.m.—2:00p.m.  
Intermediate Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (Bring lunch)  
1:00 Garden Club  
1:00 Zumba Gold Dance Party with Nora

### September 30

10:00a.m.—2:00p.m.  
Intermediate Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (Bring Lunch)  
12:30 Ice Cream Social  
1:00 Zumba Gold Dance Party with Nora

## October Happenings

### October 7

10:00a.m.—2:00 p.m.  
Intermediate Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (Bring lunch)  
12:00 Men's Group  
1:00 Zumba Gold Dance Party with Nora

### October 14

10:00a.m.—2:00p.m.  
Intermediate Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (Bring lunch)  
1:00 Book Club with Betsy

### October 21 Happy 1st Anniversary GPSC!

10:00a.m.—2:00p.m.  
Intermediate Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 Bring lunch & Enjoy Birthday Cake!  
1:00 Zumba Gold Dance Party with Nora

### October 28

10:00a.m.—2:00p.m.  
Intermediate Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (Bring lunch)  
1:00 Garden Club



# Recreation & Community Services Department News and Appreciation

## Fantastic Fall Fun With Los Altos Recreation & Community Services:

There are many, many reasons to look forward to fall, including some great classes being offered by your Recreation & Community Services Department. A quick check of the fall edition of the quarterly Activity Guide shows a new class being offered, "Loving Who You Are: An Afternoon Art Retreat," as well as some familiar favorites, "ArtVentures," "Strength & Balance," "Stretch & Flex," (the last two taught by Nora Beltran), plus beginning and intermediate bridge classes and a mah-jongg class. The list goes on, but you get the idea. If you need to pick up an Activity Guide, there is a supply at each location of the Senior Program.

Other fall happenings include:

- The Fall Plant Exchange takes place on Saturday, Sept 26, in the Hillview Community Center & Park parking lot. The exchange (hosted by The Garden Club of Los Altos) runs from 10am-12pm.
- Our Municipal Volunteer Program continues to be in full swing. You can become an MVP by calling our volunteer coordinator Barbara Smith at 650.947.2897. Barbara will fill you in on current volunteer opportunities, or see if one can be arranged to align with your interests.
- Acterra (whose motto is "Action for a Healthy Planet") is hosting Fall Work Days at Redwood Grove several times this fall. Check their website, Acterra.org, for all the info.
- Last, but certainly not least, the Halloween window Painting Contest is back for its 52<sup>nd</sup> showing! Local youth (4<sup>th</sup> grade through high school) will be painting the store front windows of participating downtown merchants from October 22 through October 24. Take a stroll through downtown and enjoy the creative artwork of our young locals.

For info on all of our class and activities, check our website at [LosAltosRecreation.org](http://LosAltosRecreation.org). Here's to a fabulous fall for all!



Thank you to Thompson River Ranch for providing delicious Wagyu beef for the Senior Program Barbecues! View their website at [www.thompsonriverranch.com](http://www.thompsonriverranch.com) to check out all they offer!

(650) 947-2797 • [losaltosrecreation.org](http://losaltosrecreation.org)

## City of Los Altos Residents 50+ Scholarship Opportunity

The City of Los Altos offers eight individual scholarships of \$200.00 to residents on a first come, first served basis to individuals who qualify. To qualify for the scholarship residents must live in the City of Los Altos (county residents do not qualify) and have an individual income of less than \$42,000. Please call Greg Milano at (650) 947-2848 to request a scholarship application and schedule an appointment to return your completed application and all required documents. All appointments will be held at the Recreation and Community Services Department: 97 Hillview Avenue, Los Altos, CA 94022 (unless otherwise requested).

Town of Los Altos Hills residents may also request a scholarship by contacting Sarah Gualtieri for more information at (650) 947-2518.

## Thank you. You will be missed... Cheri Anderson

You have done wonderful things and have brightened our lives with your presence at the Senior Program. We all hope the best for you and wish you good luck as you continue following your heart and your dreams! What more can we say? You will be sorely missed, and we hope you will keep in touch!



Thank you to Turn restaurant for grilling the Wagyu beef from Thompson River Ranch for our summer barbecue. Participants commented that our August Barbecue was our best one yet!

## Volunteer

### Volunteer sign-in



Help us to keep track of your volunteer hours. Please fill out the volunteer time card found behind the volunteer desk each time you volunteer at the Senior Program. Thank you for all you do!

### Get Involved! Make a Difference! Learn New Skills!

Volunteer for the Senior Program or explore other volunteer positions by contacting Barbara Smith. Barbara is the City's Volunteer Coordinator, and she can provide you with information regarding city-wide volunteer opportunities.

Contact Barbara at (650) 947-2897, e-mail at [bsmith@losaltosca.gov](mailto:bsmith@losaltosca.gov), or visit [losaltosca.gov/volunteer](http://losaltosca.gov/volunteer).

### Joint Los Altos/Los Altos Hills Senior Commission

All agendas and minutes are posted online and on the Los Altos Senior Center Bulletin Board. Meetings are held every 1st Monday at 4:30 pm in the Hillview Park and Community Center Room 11. All are welcome to attend.

#### Next Meetings: September 14 & October 5 Commissioners:

Frank Martin (Chair)	Bart Nelson
Ashish Mathur (Vice Chair)	Arnold Testa
Jim Basiji	Sue Russell

### NOW RECRUITING VOLUNTEERS: Front Desk Volunteer

Friendly faces are needed to volunteer at our front desk. Tasks include greeting participants with a smile, answering phones and questions, making coffee, registering participants, advising participants on resources, as well as other small tasks as assigned. The commitment is either on a weekly, bi-weekly, or substitute basis. Computer skills necessary.

Monday—Friday **8:00-12:00 or 12:00-3:30**

### Technology Resource Tutor

This volunteer would have knowledge of and be able to communicate how to use multiple operating systems on various devices including the cell phone, tablet, and laptop computer. The commitment is two hours weekly (Monday-Friday) anytime between **8:30 – 3:30**.

### Luncheon Help

Help decorate the Senior Program rooms and patio before our luncheons, then help serve and clean-up while working alongside seniors.

**Friday, 2nd, 3rd and 4th**

### Monkey Toy Makers

Want to make a difference in your community? We are currently recruiting for Volunteers to help out the "Monkey Toy Makers." Monkey Toy Makers handcraft stuffed toy sock monkeys, which are then donated to sick and recovering children at Lucile Packard Children's Hospital. Sewers and washed used/torn nylons are in high demand. Wish to volunteer? One day a week and 2 hours of your time is all that's needed. Come join them for some fun, laughter, and a meaningful purpose.

**Mondays**

**9:30-11:30**

### S.A.S.H Program (Shopping Assistance for Seniors who are Homebound)

Local volunteers are available to pick-up cooked rotisserie chickens from Costco and deliver them to homebound Los Altos seniors. This is a trial program that has 10 (ten) available deliveries per week on a first-come, first-served basis. **Place your order on Mondays, beginning September 14 for a Wednesday delivery between 10:30am and 1:30pm.** Pay using charge or debit card by calling the Hillview Community Center Main Office at (650)947-2790 between 8:30 a.m. – 3:30 p.m. on Mondays only, or, exact change Cash or Check may be given to the volunteers at time of delivery. Donations to Senior Program are welcomed but not required.

This program is available to all Los Altos homebound seniors only. The program will be expanded to other foods (e.g., take-and-bake pizza) in the future based on member feedback and participation. For more information contact the Recreation & Community Services Department at (650)947-2790 or Barbara Smith at (650)947-2897.

## Speakers and Intergenerational Corner

### Speakers

Look for speakers at Grant Park on the third Wednesday of each month from 12:00—1:00 and on various days at the Hillview Community Center (HV).

### Sourcewise

Sourcewise is Santa Clara Counties Area Agency on Aging. Hear about the programs and resources they offer such as health insurance counseling, meals on wheels, and an online resource directory. They provide valuable resources as you age.

**Wednesday, September 16**      **12:00-1:00**  
Grant, Multi-Purpose Room      Free

### Healthy You....Going Green for Health and Vision

You are invited to come and learn about potential ways to add greens and healthy fruit choices to your daily nutrition and vision wellness. Healthy food choices in your diet do help improve feelings of wellness physically and emotionally.

This workshop includes an opportunity to taste and learn healthy - new recipes. You may also share a recipe or recommendation that has been most helpful to you.

Hosted by the Nursing Students from USF School of Nursing and Health Professions and Community Service Agency of Mountain View, Los Altos, and Los Altos Hills

**Tuesday, September 29**      **12:30-1:30**  
HV Room 12      Free

### PEACE CORP

The Northern California Peace Corps Association's Global Presenter program provides returned Peace Corps volunteers to speak about peoples and cultures from around the globe to many groups and organizations. They have enriching stories to tell that will engage and challenge you to think in new ways!

Come before lunch to hear stories from recently returned Peace Corp volunteers then stay for lunch with your friends!

**Friday, October 9**      **11:00-12:00**  
HV Room 12      Free

### Is it Alzheimer's or is it normal aging?

You go into a room and can't remember why you went there. You can't remember the name of someone you've known for years. You can't remember where you put the car keys. You can't remember how to get to a destination you've visited many times.

Is it Alzheimer's? Or is it what most doctors call "normal aging?" What's the difference, and what can you do about it? Listen to Doctoral Candidate Elna Tymes talk about the causes and current treatments for Alzheimer's, and current Alzheimer's programs.

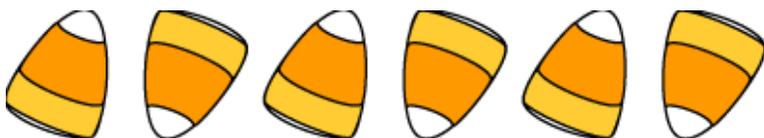
**Wednesday, October 14**      **12:00-1:00**  
Grant, Multi-Purpose Room      Free

## Intergenerational Corner

### Join us for trick or treat fun with Children's Corner & Kinder Prep!

The children will trick or treat throughout the day. Come see all the different costumes, and join in the Halloween celebration by dressing up and partying it up at Kate's Baby Shower on Friday, October 30.

**Thursday, October 29 & Friday, October 30**



(650) 947-2797 • losaltosrecreation.org

### Fall Dessert- A Celebration of Thanks

Senior Program members are invited to share in a proud moment for three and four year olds that have been practicing to perform a couple of songs at the Children's Corner Fall Dessert! See the smiles and pride of the children and enjoy some yummy desserts! This event is open to Senior Program Members only.

**Wednesday, November 18**      **12:00**  
Multi-purpose Room      Free

*RSVP Required (650)947-2797*

## Programs

### NEW! Yoga

Join instructor Sawako Yoshimura and enjoy the many benefits of Yoga! Yoga benefits both body and mind including improving strength, flexibility and balance. Bring water and wear loose clothing. You can practice with or without shoes on. See Calendar events on page 2 & 3.

*\*Note: Please bring yoga mat.*

**Mondays** 1:30-2:30  
Free Room 12

### Ice Cream Social & Magic!

Active Senior Program members are invited to enjoy an ice cream for free in celebration of National Senior Center month. All others may join us for \$2.00. There will be plenty of ice cream toppings to choose from as you are entertained by The Humble Hughdini Magic! Come on out!

**Thursday, September 10** 12:30  
Hillview Community Center Room 11

**Wednesday, September 30** 12:00  
Grant Multi-purpose Room

### Women's Group 640841-09/10

Looking for new friends and great conversations? Join us for our new women's group! Come sit on our cozy couches and enjoy a cup (or more) of coffee, tea, and conversation about women's interests and thoughts.

**3rd Wednesday** Free 11:00  
September 16 & October 21 Room 10

### Zen Meditation Series

Come and join Korean Monk Hwansen Sunim and learn about the benefits of Meditation by participating in a group meditation series. All are welcome to join for free!

**Wednesday, September 2, 9 & 16**  
Grant Multi-purpose Room 1:00

### Dinner and Music on "The Patio"

Enjoy a delectable catered dinner for our final evening dining extravaganza of the Summer while listening to our very own Cheri "Note" as she performs with her combo, jazz classics from the American Song Book!

**Tuesday, September 22** 5:30 - 7:30  
Patio 645551-03  
Members: \$20.00 All Others: \$25.00

### Daily Coffee Service 9:00 - 3:00

Come to the Senior Program and enjoy hot caffeinated and decaffeinated coffees. If coffee is not your cup of tea, then we have a selection of teas! Have a cup and relax with friends or catch up on today's news.

*Donations are appreciated. Please sign in.*

### Dance with us!

We are having our final dance of the Summer and you are invited! This dance features Zumba Gold movement to exotic music, led by Eduardo Varges, Dance Master! Prepare to be dazzled! Scrumptious refreshments are provided!

**Tuesday, September 15** 6:00 - 9:00  
LAYC Multi-purpose Room 645552-02  
1 North San Antonio Road, Los Altos  
(across from Police Station)

Members: \$10.00 All Others: \$15.00

### Men's Group 645529-09/10

Whether you are a single or a married man, you are experiencing the same things as others around you. Come meet and chat among men and relax over pastries and coffee. Walk-ins encouraged.

**1st Thursday, September 3 & October 1**  
HV Room 10 10:00

**1st Wednesday, September 2 & October 7**  
Grant Multi-Purpose Room 10:00

### Personal Emergency Preparedness

Are you prepared? The City of Los Altos, in coordination with Fire and Police, offers Personal Emergency Preparedness (PEP) training designed to prepare citizens to cope in the event of a disaster and to be self-sufficient during the first 72 hours or until emergency relief is available. Residents and all others may join us for free!

*\*Register with the Recreation Department*

**Saturday, September 26** 230813-01  
HV Room 16 9:00-12:00

**Wednesday, October 21** 230813-02  
Grant Room 3 6:00-9:00

### Interested in Karaoke?

We are looking to Karaoke in November! If you are interested in participating, please leave your name and title of the song(s) you would like to sing in our new Suggestion/Donation box located by the coffee and cookies in Room 10! Look for more information in the November/December edition of the Spotlight!

## Programs and Classes

### **Cora's Casual Dining**      RSVP Room 10

This group meets at a different restaurant the second Wednesday of each month for a **no-host dinner**. Cora will make the restaurant reservations but please **RSVP to the Senior Program** at (650) 947-2797 by noon the Monday before the dinner. Come make new friends, share laughs, chat, and enjoy good times. We will try to find rides if you need one, so please call. Cash only.

**Wednesday, September 9**      5:30      645502-09

Dinanh's Poolside Restaurant  
4261 El Camino Real, Palo Alto

**Wednesday, October 14**      5:30      645502-10

Turn Bar & Grill, 295 Main Street, Los Altos

### **Book Club**

**Hillview, 2nd Thursday**      1:00  
**September 10**      *I am Malala...*      Room 18

Malala Yousafzai

**October 8**

*The Gravity of Birds*

Tracy Guzman

Books are available in the Senior Center. Book Club discussion begins at 1:00, but feel free to bring lunch and join book club members at 12:30.



#### **Questions?**

Call Cynthia at the Library  
(650) 948-7683 (x3510) or  
Janet at (650) 967-2941.



### **Grant**

**2nd Wednesday, September 9 & October 14**

Books will be decided on as a group for the Grant Book Club.

### **Tai Chi for Life!**      645534-04

Learn new ways to RELAX, REVITALIZE, and HAVE FUN! Tai Chi is a mindful, internal martial art that flows in gentle and slow whole body movements and promotes health, balance, flexibility, strength, and clarity. Join instructor Linda Scheer as she leads us through Tai Chi techniques.

**Tuesday**      12:45-1:45  
September 8 - December 8      HV Multi-Purpose

*\*No Class 9/29, 10/6, 11/24*

Members: \$10.00/class, \$93.00/session

All Others: \$12.00/Class, \$102.00/session

*\*Pay quarterly or before each class in Room 10.*

**(650) 947-2797 • losaltosrecreation.org**

### **Strength and Balance Class** 645107-04

Join group leader Nora Beltran in low, impact exercises that strengthen the body and improve balance. Let's hear it for wellness! Chairs will be made available if needed for seated and standing support. All are welcome to join us!

**Tuesdays/Thursdays**      11:30-12:15  
September 8 - December 3      HV Multi-Purpose  
*\*No Class: 9/15, 9/17, 11/24, 11/26*

Members: \$20.00      All Others: \$60.00

### **Stretch & Flex**      HV Social Hall

Join instructor Nora Beltran to tone your muscles and improve range of motion in your joints. Lengthen and strengthen in this class.

**Tuesdays/Thursdays**      8:50-9:50  
September 8 - December 3      645108-06  
**Tuesdays/Thursdays**      10:00-11:00  
September 8 - December 3      645108-07  
*\*No Class: 9/15, 9/17, 11/24, 11/26*

Members: \$54.00      All Others: \$60.00  
*\*Bring a mat to each class*



### **Line Dancing**      Room 4

Step right up! An easy way to get some healthy exercise and have fun keeping fit. The warm camaraderie, great music, and good workout will keep you high stepping all week. For information call instructor Richard Campbell (408) 377-6978. No experience necessary.

**Tuesday**      1:00- 2:00  
September 1 - September 29      645511-09

Members: \$6.00/class, \$30.00/session

All Others: \$8.00/class, \$40/session

October 6 - October 27      645511-10

Members: \$6.00/class, \$24.00/session

All Others: \$8.00/class, \$32.00/session

*\*Pay monthly or before each class in Room 10*

## Classes

### “A Taste of” Classes continue....

The Senior Program Staff and Volunteers came together to create new and exciting activities to offer to YOU, our participants!

Come, try some of these classes, just a taste, and see if you like them! We hope you enjoy!

### Registration, Class Refunds, & Transfers

**Registration:** Please pay and register in Room 10. All participants must either fill out a drop-in or membership form before registering for the first time. Any class changes will be noted at time of registration. **Please plan on arriving early to class to expedite your service experience.**

**Refund and transfer** requests must be submitted in writing via email or in person, up to five working days prior to the first day of class. E-mail requests to: [recreation@losaltosca.gov](mailto:recreation@losaltosca.gov). All refunds will be charged a \$10 service fee. No refunds or transfers will be given once class begins.

### Artventures 645514-04

Artventurers would love to meet new artists! Visual artists of all genres and levels are welcome to this studio for visual art! Bring your current project to work amongst others in a supportive environment.

Visit their blog at:

<http://caartventurers.blogspot.com/>.

**Wednesday** 9:30-12:00  
September 9 - December 23 Room 12

Members: \$1.00/class, \$16.00/session  
All Others: \$3.00/class, \$48.00/session  
*\*Pay quarterly or before each class in Room 10.*



### 10 Weeks to Play Bridge Room 12

Learn to play bridge in a pleasant social setting. In ten weeks we will develop our playing skills, learn to communicate with our partners and, most importantly, have fun.

**Mondays** 9:00-11:00  
September 14 - December 14 645510-01  
*\*No Class: 11/9, 11/16, 11/23, 11/30*

Members: \$110 All Others: \$120

### Intermediate Bridge Room 12

This class teaches only intermediate social (party) bridge. It helps players to advance their skills at both bidding and playing. Lessons assume basic bridge knowledge including evaluation hand and ordinary hand bidding. Classes include one hour lecture followed by student play. *Tony Plutynski at (650) 948-0699.*

**Thursday** 9:15-12:00  
September 17 - December 17 645530-04  
*\*No Class: 11/26*

Members: \$5.00/class, \$65.00/session  
All Others: \$7.00/class, \$91.00/session  
*\*Pay monthly or before each class in Room 10*

### Beginning Mah-Jongg Room 12

If you would like to be part of an ongoing group that has fun and meets every Thursday afternoon to learn while playing Mah-Jongg, then join our Community. This group is led by instructor Annie Metz, who has played Mah-Jongg for over 25 years. Annie will be teaching Mah-Jongg with “the card” as you play. She looks forward to having fun while teaching and playing with new people.

**Thursday** 1:00-3:30  
September 10 - December 17 645515-04  
Members: \$1.00/class, \$12.00/session  
All Others: \$3.00/class, \$36.00/session

*\*Pay monthly or before each class in Room 10.*



## Classes

### Rejuvenate Your Retirement Room 2

This unique and comprehensive course focuses on the issues and concepts important to retirees. In strait-forward language, explained are financial strategies such as tax-efficient income planning, lifestyle preservation, inflation protection and providing a legacy. Includes 143 page workbook.

**Mondays** 10:00-12:30

September 21 - September 28 230824-01

**Wednesdays** 1:00-3:30

September 30 - October 7 230824-02

Members: \$42.00/session

All Others: \$48.00/session

*\*Spouse/guest may attend at no charge*

### Bodyweight Bootcamp

Los Altos Hills Council Chambers

If you are ready to shed some pounds, increase lean muscle mass and improve overall fitness, then gather up some friends, our Bodyweight Boot Camps are perfect for you! For more information contact Adam Halper at (650)479-5955 or fitnesshalpers.com.

*\*Note: Please bring yoga mat.*

**Monday/Wednesday** 6:00-7:00am

September 21 - October 14 645105-03

October 19 - November 11 645105-05

**Monday/Wednesday** 8:45-9:45am

September 21 - October 14 645105-04

October 19 - November 11 645105-06

### Terrible Adult Chamber Orchestra

TACO is an orchestra for the rest of us, a monthly gathering of adults who want to play music together in a relaxed, sociable setting.

*\*Note: Must bring own instrument and stand.*

*\*Required: Please contact the director before the first class at [tacosv.com](http://tacosv.com).*

LAYC 2:00-5:00

**Sunday**

September 27 230111-01

October 25 230111-02

Members & All Others: \$10.00

### Collage and Mixed Media Room 13

Come and learn a variety of collage techniques. The use of acrylic paint, gels, mediums, colorful paper, creating texture and stenciling will all be included. Come for a fun time of art making. Artists of all levels are welcome.

**Tuesday** 6:00-8:30

October 27 230523-01

November 10 230523-02

Members: \$57.00 All Others: \$66.00

*\*Materials fee of \$20.00 due at class.*

### An Afternoon Art Retreat 230530-01

Connect with your creative self! Take time to appreciate the special person that you are in this reflective art experience! A guided process to awaken self-love through ART, JOURNALING, and GUIDED VISUALIZATION. No art experience necessary. Bring a journal and a pen!

**Saturday** Room 13

October 17 1:00-4:00

*\*Materials fee of \$10.00 due at class*

Members: \$57.00 All Others: \$66.00

### Fun + Fitness

Los Altos Hills Council Chambers

Formally Fitness 4 Seniors. Having balance issues? Afraid of falling? Feeling weak and lacking energy? Come on down and have some fun listening to music and getting fit with friends. This is a class that involves basic everyday movements to improve range of motion, flexibility, muscle strength and balance. For more information contact Adam Halper at [www.fitnesshalpers.com](http://www.fitnesshalpers.com) or (650)479-5955.

*Note: Bring resistance band, Pilate's ball, and your choice of dumbbell weight between 1-10lbs required.*

**Monday/Wednesday** 11:45-12:45

September 21 - October 14 645106-02

October 14 - November 11 645106-03



## Friday Events

### Big Screen Movie

**1:00**

Members: Free

*Fee provides popcorn and beverage*

**September 4**

**Register Room 10**

All Others: \$1.00

645103-09

#### *The Theory of Everything*

Summary: Starring Eddie Redmayne ("Les Misérables") and Felicity Jones ("The Amazing Spider-Man 2"), this is the extraordinary story of one of the world's greatest living minds, the renowned astrophysicist Stephen Hawking, who falls deeply in love with fellow Cambridge student Jane Wilde. Once a healthy, active young man, Hawking received an earth-shattering diagnosis at 21 years of age. With Jane fighting tirelessly by his side, Stephen embarks on his most ambitious scientific work, studying the very thing he now has precious little of - time.

Together, they defy impossible odds, breaking new ground in medicine and science, and achieving more than they could ever have dreamed. The film is based on the memoir *Travelling to Infinity: My Life with Stephen*, by Jane Hawking, and is directed by Academy Award winner James Marsh.

(Rottentomatoes.com)

Stars: Eddie Redmayne, Felicity Jones

123 mins. / Drama/ Rated PG-13

**October 2**

645103-10

#### *The Second Best Exotic Marigold Hotel*

Summary: Now that The Best Exotic Marigold Hotel is full up with its long-term residents, co-managers Muriel Donnelly (Maggie Smith) and Sonny Kapoor (Dev Patel) have a dream of expansion, and they've found just the place: The Second Best Exotic Marigold Hotel. With plans underway, Evelyn and Douglas (Judi Dench and Bill Nighy) venture into the Jaipur workforce, wondering where their regular breakfast dates will lead. Meanwhile, Norman and Carol (Ronald Pickup and Diana Hardcastle) navigate the swirling waters of an exclusive relationship, as Madge (Celia Imrie) juggles two very eligible suitors, and recent arrival Guy Chambers (Richard Gere) finds a muse in Sonny's mother, Mrs. Kapoor (Lillete Dubey) for his next novel. As his marriage to Sunaina (Tina Desai), the love of his life, quickly approaches, Sonny finds his plans for the new hotel making more claims on his time than he has available. Perhaps the only one who may know the answers is Muriel, the keeper of everyone's secrets.

Stars: Judi Dench, Maggie Smith, Bill Nighy, Dev Patel, Penelope Wilton, Celia Imrie

122 min./ Comedy /Rated PG

**(650) 947-2797 • losaltosrecreation.org**

### Luncheons

**Room 11**

**12:00**

**Register Room 10**

**Walk-ins welcome. Reservations preferred.  
Please call (650) 947-2797 for more information.**

### 2nd Friday Luncheons

**September 11**

645201-09

**October 9**

645201-10

Menu: Terraces of Los Altos cater our 2nd & 4th Friday luncheons. The menu will be made available the week of the lunch.

Members: \$4.00

All Others: \$6.00

### Birthday Luncheons

**September 18**

645519-09

Menu: Soup and Sandwich

**October 16**

645519-10

Menu: Soup and Salad

Members: \$4.00

All Others: \$6.00

Birthday Members: Free

### 4th Friday Luncheons

**September 25**

645202-09

**October 23**

645202-10

Members: \$6.00

All Others: \$8.00



### Kate's Baby Shower

Room 11

**Friday, October 30**

12:00

Her arrival grows near, A precious baby girl is almost here! You're invited to join us as we shower the parents-to-be Kate & Ian! Men and women are welcome to enjoy pizza, salad, pie and fun. Please no gifts. Donations are encouraged to help with the cost of lunch and a group gift.

*R.S.V.P. Requested by October 26.*

*Register Room 10.*



## Travel

### **“Mini”-Trips: Local trips to attractions near us! San Antonio Holiday**

#### **VIP Tour and Tasting at Picchetti**

**Brothers Winery** 645301-09

Thursday, September 17

Members: \$45.00 All Others: \$50.00

Join us for wine tasting and picnic at this renowned winery, minutes away in Cupertino! Picnic lunch includes sandwich, chips, dessert, and drink. Select your sandwich from Le Boulange'!

#### Cost includes:

Tour, Give-away, and Picnic Lunch.

Depart from Hillview Community Center

Depart: Approx. 10:30

Return: Approx. 2:30

#### **Fleet Week** 645304-02

Sunday, October 11

Members: \$157.00 All Others: \$172.00

The Belle is a San Francisco landmark that evokes the city's turn-of-the-century Barbary Coast energy. The 292 foot sternwheeler features Art Nouveau style on all three enclosed levels, plus a spacious sun deck and three full wrap-around decks. There is no better vantage point to see the Fleet Week Air Show than from directly under the planes – sailing on the iconic *S.F. Belle*. Indulge in a hosted buffet lunch, as you sip on free-flowing champagne and enjoy background music from the on board D.J. Then step onto the outer deck to relax in the sunshine and watch the Jaw-Dropping precision of the famous San Francisco Fleet Week Air Show Pilots: The Blue Angels

#### Cost Includes:

Roundtrip motorcoach transportation, Cruise on board the S.F. Belle Paddle Wheeler, Reserved seats on board the ship, Hosted Hot Buffet Luncheon, includes: beverage, coffee service, tea, juice and champagne, Music entertainment, Special viewing of the Blue Angels Show and Driver Gratuity.

Depart from Hillview Community Center

Depart: Approx. 11:00 a.m.

Return: Approx. 7:00 p.m.

December 2, 2015

**5 Days \* 4 Nights \* 6 Meals**

#### **Highlights:**

San Antonio City Tour • San Jose Mission • El Mercado Market Place • Riverwalk Cruise • The Alamo • Hill Country • LBJ Ranch • Fredricksburg • Fiesta De Las Luminarias • Four Nights At One Hotel  
Cost Per Person: \$1550 (Double) \$1975 (Single)

#### **Discover Cuba– Havana & Varadero**

April 13, 2016

**8 Days \* 7 Nights \* 16 Meals**

#### **Highlights:**

Melia Varadero All-inclusive Resort • Matansas School of Art & Music • Havana & Museum of the Revolution • Home & Studio of Artist Jose Fuster • Old Style Classic Car Club Discussion • Francisco Donatien Cigar Factory Visit • Hemingway's Farm  
Cost Per Person: \$5095 (Double) \$11,095 (Single)

#### **Cape Cod & The Islands**

June 5, 2016

**7 Days \* 6 Nights \* 9 Meals**

#### **Highlights:**

Nantucket Island Tour • Boston City Tour • Plymouth Plantation & Plymouth Rock • Mayflower II • Martha's Vineyard Tour • Newport's Ocean Drive • New England Lobster Dinner  
Cost Per Person: \$2295 (Double) \$2940 (Single)

#### **Venice & The Italian Lakes**

September 27, 2016

**9 Days \* 8 Nights \* 10 Meals**

#### **Highlights:**

Seven Nights in the Lake Como Area • Milan City Tour • Lake Como Cruise • Bellagio • Romeo & Juliet Balcony • Verona Arena • St. Marks Basilica  
Cost Per Person: \$3895 (Double) \$4395 (Single)

#### **Washington DC & Williamsburg**

October 13, 2016

**7 Days \* 6 Nights \* 9 Meals**

#### **Highlights:**

Washington DC City Tour • World War II Memorial • Smithsonian Institution • Mt. Vernon Tour • Jamestown & Yorktown • DC Twilight Illumination Tour • Traditional Colonial Dinner  
Cost Per Person: \$2325 (Double) \$3000 (Single)

# Games We Play

## Drop-In Games

### Pickleball...

640965

Continues to grow in popularity and participation at Hillview! It is known to be a FUN yet low-impact sports activity, providing mild, yet hearty exercise! Pickleball is light on injuries and ailments! Doubles play is the way at Hillview, meaning two players to a team! Lots of laughs and conversation mix in with play at this activity! All are warmly welcomed!

*Wednesdays in the Hillview Multi-Purpose Rm*

*11:00am - 1:00pm*

Members: Free      All Others: \$3.00

### Grant

Card games are also available at Grant, every Wednesday from 10:00 to 2:00! Join us at 1575 Holt Avenue, Los Altos, Ca 94024! Card games include Bridge, Mah-Jongg and MORE!

### A Bridge Tournament Is Coming to Los Altos!

We are in process of planning a Bridge Tournament for our Players at the Senior Program! This Fall, prepare to take the challenge and join in on the FUN! More information is on the way so check the Senior Program Bulletin Board for updates!

### Bridge Free Play

Bridge begins promptly at 9:00 am Groups of four play. If there is an uneven number of players, players rotate into the games. See page 10 for lessons that will work for your own personal play level!

**Tuesday** 9:00- 3:00

**Wednesday** 9:00-12:00

Room 11 Free

### Wii

Come on in and enjoy current events and youtube.com videos on our Wii console! Bring some friends, or make some new ones! Also, learn to play any of the physically-active or brain-challenging Wii games.

**Monday-Friday** 8:30-3:30

Room 10 Free

### Ping Pong

Call (650)947-2797 to reserve your spot today!

**Tuesday** 2:00

Room 12 Free

(650) 947-2797 • losaltosrecreation.org

### Mah-Jongg Intermediate Free Play

This free play session is intended for those more intermediate or advanced Mah-Jongg players who are comfortable playing without instruction. Bring yourself or a group of four and your own set to enjoy a friendly game of Mah-Jongg. Would you like to learn how to play? See page 10 for information on lessons.

**Wednesday** 12:30- 3:30

Room 11 Free

### Bocce Ball

Beginning Bocce Ball is on Tuesday and Thursday. Come learn to play Bocce Ball & make new friends!

**Monday/Wednesday, Tuesday/Thursday, Friday**

Bocce Ball Courts 10:00

### 1000-Piece Puzzle Challenge

We have received a new Puzzle Table!!! Stop by the Senior Center anytime during operating hours to help finish our 1000 piece puzzle. Ideas for new puzzles? We are listening!

**Monday-Friday** 8:30—3:30

Room 10 Free

### Chess

Drop in and play one of the world's most popular games: chess! Great for concentration, strategy development, making friends, and much more!

**Tuesday** 1:00

Room 10 Free

### Pinochle

Openings are available for new players. Rusty?

We don't mind. Join in and have some fun!

**Thursday** 12:00- 3:30

Room 11 Free

### Poker

Poker is recruiting new members! Enjoy free casual games of poker and meet new friends!

**Monday** 12:00-3:30

Room 11 Free

### Shuffleboard: Outdoor

The Senior Program has an outdoor shuffleboard. Call to make an appointment to play.

**Monday-Friday** 8:30 - 3:30

## Membership Benefits

The following services are available for those with a membership

### Membership

Thank you to every Los Altos Senior Program member for your continued loyalty and participation. By making a commitment each year, you are not only contributing to one of the best Senior Programs on the planet, but also strengthening our community and relationships. Our doors are open; come in and join our family today!

#### Annual Membership Cost

Los Altos resident - \$26.00

Non-resident - \$40.00

Don't forget to add \$5.00 for home delivery of our bi-monthly Newsletter: The Spotlight

**Make checks payable to:** City of Los Altos

**Mail to:** Los Altos Senior Program

97 Hillview Avenue

Los Altos, CA 94022

### Birthday Month Members!

Enjoy a Free Lunch at our Birthday Luncheon during your birthday month!

### Notary Service

Appointments held at City Hall. No charge for members. Donations accepted.

Call: Terry Ann at (650) 947-2642.

### Copies

Members are welcome to 10 free black and white copies per year. After 10, the Member cost is 5¢ per side of copy. Non-Member cost is 10¢.

Please see the front desk volunteers for assistance.

### Battery Recycling

Recycle your used household batteries - AA, AAA, D, or C.

### See's Candies Certificates

See's Candies 1 lb. Gift Certificates are for sale for \$15.50. Retail cost is \$18.00. Drop in to purchase this perfect gift for any event!

### Member only and reduced rate on programs

Enjoy a discounted rate on Senior Programs and events as well as programming such as computer tutorials and equipment loans that are designed exclusively for members.

(650) 947-2797 • losaltosrecreation.org

### In-Home Repair Program

The In-Home Repair Program has three repair Volunteers: Lorraine Hancock, Dave Izant, and Bill Schick are volunteering to help with *minor* in-home repairs. This program is **free** for **current members** and is **not** for emergency repairs. Turn around time can be up to two weeks. Examples of repairs that may be requested are:

Electrical — Changing Light Bulbs, Switches

Plumbing — Dripping Faucet, Leaky Toilet

Sprinklers — Timers, Sprinkler Heads

No in-home repair request is guaranteed.

Volunteers may determine that requests are too extensive. In-home repair requests can be closed at any time due to an over-abundance of requests.

Donations are accepted. Please call (650) 947-2797.

### Equipment Loan Closet

The City of Los Altos Senior Program has an Equipment Loan Closet program. The Loan Closet contains wheelchairs, walkers, and canes. **Current members** may check out these items for three-month intervals after signing a release of liability form.

### DVD Loan Library

Want to watch a movie from the comfort of your home, but are tired of the same selection? Come to the Senior Program and ask about our DVD loan library! We have over 200 DVD's to choose from in varied genres. DVDs are ready to be checked out for one week loans. A maximum of six DVDs may be loaned at a time. Come check it out and see the Front Desk Volunteer or Staff for assistance.

### DMV Packets

Copies of the online practice tests, articles, informational DVD, and driver booklets are available for loan through the Senior Program.

### Medicine Drop-Off

The Senior Program takes old pills in their respective containers only. **Please NO sharp objects.**

### Technology Resource Tutor

By appointment

Room 10

Bring your device and meet one-on-one with a volunteer who will help you understand basic concepts of your device. Be ready with your questions so you can make the most out of your session.

## Services

### **Smoke Detector Program** Free

In November, Sunset Rotary members will volunteer their time to change old batteries or install new smoke detectors free of charge in your home. If you are in need of this service, please call the Senior Program at (650)947-2797 and leave your name, address and phone number. A Rotary Club member will call to schedule an Appointment in November.

### **HICAP** Free

Health Insurance Counseling & Advocacy Program assistance with Medicare & supplement claims, comparisons & long-term care, and HMO Appeals. Call (650)947-2797 for appointments with Roy Ito. Next available appointments:  
**Tuesday, September 15 & October 20**

### **Vial of L.I.F.E**

(Lifesaving Information for Emergencies) First responders are trained to look for the Vial of Life kit in an emergency. It enables Emergency Responders to quickly locate helpful information regarding your medical history. Come to Room 10 and inquire at the Front Desk.

### **Advance Health Care Directive**

Schedule an hour long appointment for assistance with an Advance Health Care Directive. Appointment includes: answering, explanation of medical and legal language, help with forms, etc. Contact El Camino Hospital (650) 940-7210.

**AARP Smart Driver** 645301  
Two Consecutive Fridays Room 12  
Friday, September 11 and 18 1:00—5:00

### **AARP Smart Driver Renewal Course\***

Friday, November 13 1:00-5:30  
\*Must have completed eight hour class within the last three years to attend the renewal course.

**Cost: \$15.00 AARP Members \$20.00 All Others**

Please bring check payable to "AARP" and AARP number to class. Reserve your spot by calling the Senior Program at (650) 947-2797. Certificate of completion is given at the end of either the 2-day or renewal course. Certificate is required for discount.

### **Rebuilding Together**

Preserve affordable home ownership and revitalize neighborhoods by providing critical home repair and modification services to those in need and to those who qualify at no cost to homeowners. For more information: Call (650) 940-7210 Or visit: <http://rebuildingtogethersv.org>

### **Mountain View-Los Altos Community Services Agency**

CSA Senior Services Program is committed to helping local seniors live happy, healthy, and independent lives. Case Managers provide referrals to community resources, make arrangements for in-home services, and work cooperatively with care providers. If you would like to receive CSA's Information & Referral Newsletter via mail or email, please contact Program Director Elizabeth Medina at (650) 810-2237 or [emedina@csacares.org](mailto:emedina@csacares.org) to submit your request.

### **Friendship Line**

The Friendship Line is a program sponsored by the Institute on Aging and is both a crisis intervention center and a "warm" line for routine, even daily, phone calls that provide emotional support, medication reminders, and well-being check-ins.

For more information:

Call toll free (800) 971-0016

Call local (415) 752-3778

Or visit <http://www.ioaging.org/services-for-elders-and-caregivers/friendship-line>

### **Cards For All Occasions**

Ask our front desk volunteers where to find our stash of Get Well, Birthday, and other cards for the next time you need one!



### **Mountain View-Los Altos Adult Education**

From Art to Genealogy to Yoga...the MVLA Adult School offers more than 40 classes at the Hillview Community Center.

#### **Register or information:**

Mail or Walk-in: Phone:(650) 940-1333  
MV-LA Adult Education Fax: (650) 967-4699  
Online [www.mvlaae.net](http://www.mvlaae.net) or  
333 Moffett Blvd, Mountain View, CA 94043

## Community Events & Staying Connected

Follow the Los Altos Senior Center happenings through one of our several media outlets...

**Television:** KMVT Channel 15

### Websites:

City of Los Altos: [www.losaltosca.gov](http://www.losaltosca.gov)

Recreation: [www.losaltosrecreation.org](http://www.losaltosrecreation.org)

Senior Program: [www.facebook.com/pages/City-of-Los-Altos-Senior-Program/135042355859](http://www.facebook.com/pages/City-of-Los-Altos-Senior-Program/135042355859)

Twitter: Seniorspotlight

### Publications:

The following publications may be found online at the City of Los Altos website, Senior Program, Recreation Office, or City Hall.

The Spotlight (Senior Center Bi-Monthly Newsletter)

Recreation Guide (Quarterly classes—all ages)



### Local Resource 2-1-1

For free, non-emergency community, health, and disaster information in Santa Clara County, dial 2-1-1. When you dial 2-1-1 you will speak with a live phone specialist who can answer your questions regarding nonprofit services and agencies within the community. ([www.211scc.org/about.htm](http://www.211scc.org/about.htm)).

*If you live outside of the county, dial (866) 896-3587.*

### Benefits Check Up [www.benefitscheckup.org](http://www.benefitscheckup.org)

Developed and maintained by Sourcewise, Benefits Check Up is the nation's most comprehensive web-based service to screen for benefits programs for seniors with limited income and resources. Please call (408) 350-3200 and select option 1 from their menu options for more information. Located: 2115 The Alameda, San Jose, Ca 95126

### Tiny Tots in Need!

The Los Altos Tiny Tots are requesting donations of paper towel rolls for the art projects. Please bring your donations to Room 10 of the Senior Program! Thank you!

## Community Events

### Farmer's Market

Thursdays, May 7-September 24 4:00 - 8:00

State Street between Second and Fourth.

### Train Days

September 19 & 20, 2015 10:00-4:00

Los Altos History Museum (behind the library)

Model railroads galore! The Los Altos History Museum presents this great opportunity to have family fun celebrating trains! There will be food, drinks and train items for sale. Please note that children need to be accompanied by an adult.

Admission: \$5.00/person

Ages 4 and under: free

### Ye Old Town Band

September 27 1:30-3:30

Shoup Park, 400 University Avenue, Los Altos  
Enjoy a free, old-fashioned band concert in a beautiful park setting. For more information visit: [windband.org/oldtowne/](http://windband.org/oldtowne/)

## Los Altos Legacies!

Los Altos Legacies hopes everyone enjoyed the July BBQ dessert of root beer floats provided by our organization.

Next on the Legacies' agenda is supporting Los Altos Rotary's plan to put together free binders to Senior Program members to help organize their end-of-life issues. It will offer suggestions on how to complete a will, organize your personal and financial data, and how to appoint someone to make financial and healthcare decisions when you are unable to do so. There are many other nuggets of wisdom included in this binder, so be looking for it soon!

Thank you for supporting Los Altos Legacies!

Paul Gonella, Chairman (650)948-2920.



Los Altos Senior Program  
Hillview Community Center  
97 Hillview Ave  
Los Altos, CA. 94022

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Staff: Cheri Anderson Candace Avina Nora Beltran Irene Hatch Kate Thornton

# Spotlight Newsletter

Los Altos Senior Program

